



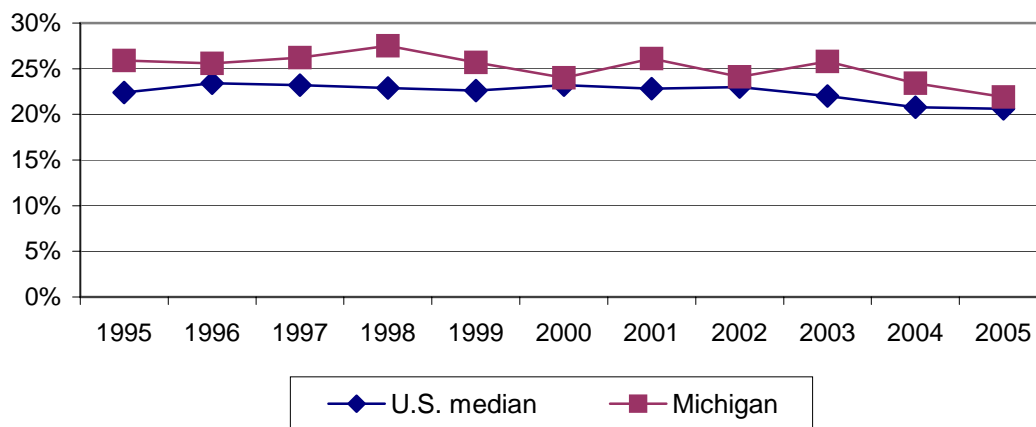
Topic: Risky Health Behaviors

5. Adult Tobacco Use

Cigarette smoking is the single most preventable cause of premature death. An estimated 16,000 Michigan residents die each year from tobacco-caused illnesses. On average, smokers die almost seven years earlier than nonsmokers.

How are we doing?

**Percent of Current Smokers
Michigan and the United States,
1995-2005**



Though smoking prevalence has remained relatively steady over the past 10 years, cigarette consumption in Michigan has dropped almost 22% since 1993. In 2005, an estimated 21.9% of Michigan adults used tobacco products daily.

How does Michigan compare with the U.S.?

Since 2001 there has been a statistically significant difference between Michigan and the nation in the prevalence of adult smokers. The percentage of adults smoking in 2005 in Michigan was 21.9%, while the median among all the states was 20.6%.

How are different populations affected?

Michigan Behavioral Risk Factor Survey (BRFS) respondents with less than a high school education were almost 2.8 times more likely to report being a current cigarette smoker than respondents who graduated from college. In addition, the proportion of current cigarette smokers tended to decrease with household income levels and older age groups, beginning with the age group 45-54. There is no significant difference between the prevalence of current smokers among African-Americans and Caucasians. American Indians smoke at a rate almost double that of Michigan adults in general (41.2% vs. 21.9%). The smoking rate among Asian American adults is approximately 62% lower than Michigan adults in general (13.6% vs. 21.9%). The smoking rate among Hispanic adults is approximately 30% higher than Michigan adults in general (28.4% vs. 21.9%).



What is the Department of Community Health doing to improve this indicator?

The MDCH tobacco cessation initiatives include programs to promote strong public and voluntary policies that increase the awareness of the dangers of tobacco use and secondhand smoke; prevent the sale and promotion of tobacco to youth; and supports a statewide media campaign with prevention, cessation, and secondhand smoke messages. Resources include free self-help cessation kits, expectant mother quit kits, and tobacco-related information. Legal assistance is offered to businesses and individuals on smoke-free policy development, along with research and information on tobacco-related laws.

A network of 60 local tobacco reduction coalitions focus on raising awareness of tobacco issues, mobilizing communities to support tobacco-free policies and decrease the social acceptability of smoking. A statewide quit-line has received over 28,000 phone calls on its toll-free line: 1-800-480-7848.